



Nutrition Fact Sheet

WIC Formulas

for Infants and Children

Breastfeeding is the First Choice

The Idaho WIC Program actively promotes and supports breastfeeding as the first choice for infant feeding. Breastmilk provides superior nutrition and immunological benefits and fosters close parent/child relationships. However, when a mother decides to partially breastfeed or not to breastfeed, WIC provides iron-fortified infant formula.

WIC Program Formulas

State WIC Programs determine which formulas to provide based on Federal WIC Regulations (including contracting requirements), retail availability, and needs identified by local agencies and WIC participants.

Contract Brand Formulas

Because the various standard formulas are nutritionally equivalent, the Idaho WIC Program is able to contract with one manufacturer for the routine provision of iron-fortified standard infant formulas (milk- and soy-based formulas containing at least 10 mg iron/liter at a dilution of approximately 20 kcal per ounce). Food cost savings are used to enroll additional women, infants and children in WIC. Through September 2004, the contract is with Mead Johnson Nutritionals for the routine provision of Enfamil with Iron, Prosobee and Enfamil Lactose Free Lipil. The enhanced fatty acids forms of these formulas are also available for routine use at a slightly increased cost to the WIC Program.

We request your assistance to:

- Actively promote and support breastfeeding prenatally, at birth, at hospital discharge, and throughout the first year of life. See the Idaho Breastfeeding Promotion and Support's position paper, entitled "Breastfeeding: Best For Idaho" on the Internet at www.idahohealth.org/breastfeed. Or request a copy by calling your local WIC agency or the Idaho WIC Breastfeeding Coordinator at 208-334-5948.
- For formula-fed infants who are eligible for WIC, recommend use of the WIC contract formulas. If hospital nurseries provide different formulas, encourage parents to obtain contract formula samples from WIC or to buy it on their own until they can be enrolled in WIC, or reassure parents that changing formulas upon entry to WIC is okay.

Non-contract Brand Standard Formulas

WIC provides non-contract standard iron-fortified formulas to infants with intolerance symptoms to a contract formula only when inappropriate feeding practices are ruled out as a cause and with a physician's prescription. A local agency registered dietitian will assess feeding practices and make recommendations for changes before providing non-contract iron-fortified standard formulas (even if the participant has a prescription), and refer to a physician for further evaluation as appropriate. If prescribing a non-contract standard iron-fortified formula, include information on your assessment of feeding practices with your prescription.

Non-contract Brand Formulas (continued)

WIC provides for infants and children with a variety of medical conditions requiring a specially formulated formula or nutritional product. Children who receive a special formula receive only the formula or the formula and cereal and juice as tolerated. A physician's prescription with diagnosis and intended length of use is required. Currently, the following formulas are available: EnfaCare Lipil, Similac, NeoSure Advance, Enfamil AR Lipil, Nutramigen Lipil, Pregestimil, Alimentum, PediaSure, Kindercal, Neocate, Neocate Plus One, Similac PM 60/40, Resource Just for Kids, Pediatric E028 and Elecare. Metabolic formulas are provided if needed.

- In prescriptions, include the diagnosis, intended length of use of the formula, and any other health information that will assist WIC staff in providing appropriate nutrition counseling.

Quantities Provided

The maximum quantities of formula WIC can provide per month are: 403 ounces of concentrate (31 13-fl oz cans), 8 pounds of powdered (8-10 cans, depending upon can size), or 806 ounces of ready-to-feed. Children with special needs may receive an additional 104 ounces (reconstituted equivalent) if needed.

Needs Beyond WIC

Examples of situations when WIC cannot meet an infant or child's formula needs:

- The quantity needed is greater than the maximum quantity WIC is allowed to provide.
- The formula or product is not provided by WIC.
- A child needs some formula to supplement a regular diet, thus benefits most from regular foods from WIC and formula from another source.
- The family chooses not to participate in WIC.
- The family is not income-eligible (i.e. greater than 185% of the USDHHS poverty level) or not categorically eligible (i.e. children 5 years of age and older) for WIC.

When special formulas are not provided by WIC, alternatives are:

- Medicaid
- Children's Special Health Program
- Private Insurance.

For more information, visit the Idaho WIC website at www.state.id.us/dhw/wic or contact your local WIC agency:

Thank you for your support of WIC.

The WIC Program is an equal opportunity provider and employer.